

BEGINNING STRENGTH EXERCISES FOR TRICEPS AND CHEST

FLAG SALUTES

The starting position of this exercise looks as if you are about to say the Pledge of Allegiance; hence the name *Flag Salutes*. It consists of bending and straightening the arm against the resistance provided by a Thera-Band.

Benefits »

- ⦿ Strengthens triceps to assist with chair stands.
- ⦿ Mimics movement pattern of arms during a chair stand (function-based exercise).
- ⦿ Allows participants to sit, stand, or move.
- ⦿ Can be done with participants seated, standing, or moving.

Set It Up »

Each participant will need a Thera-Band. One progression has participant seated on a balance disc in a chair with arms.

How to Do It »

The Start

- ⦿ Participants sit tall, with feet flat on floor, shoulders over hips, chin level, head retracted, abs braced, ribs lifted, spine lengthened, and shoulder blades back and down.
- ⦿ They drape the middle of the Thera-Band over the right hand and place the right hand on the left shoulder. This is the part where they look as if they'll be saying the Pledge of Allegiance.
- ⦿ They grasp the dangling portion of the band with the left hand and lift the left elbow away from their torso and to the side.

The Moves

- ⦿ Participants extend the left arm out and to the side, straightening the elbow. It's simply elbow flexion and extension, done in a backward and sideward direction.
- ⦿ Repeat 8 to 12 times, as tolerated.
- ⦿ Repeat with the other arm.
- ⦿ Stretch the triceps when finished.



Take It Further »

- ⦿ Increase repetitions to 15.
- ⦿ Add a second set after resting.
- ⦿ Tighten up on the band, double it, or use a band with a stronger resistance.

Give It More Balance »

- ⦿ Sit at the edge of the chair, with feet in tandem position and heels lifted.
- ⦿ Sit on a balance disc (*only* if the chairs have arms).
- ⦿ Stand tall, with one leg touching the chair (to steady balance).

Keep It Safe »

Maintain a tall sitting or tall standing posture, throughout.